

IRIS'S CAFÉ

Every Thursday at 12:30 - \$7.50 per person, all luncheons include coffee & dessert, reservations required by Wednesday

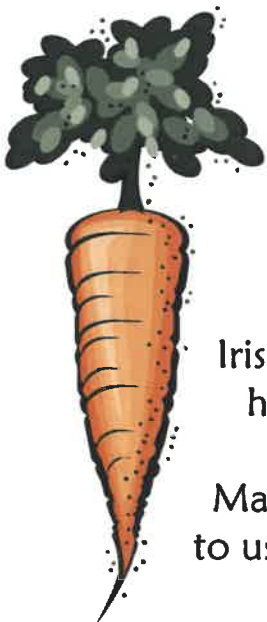


July 6th	Pan seared chicken breast with Feta over orzo & spinach, cucumber/tomato salad
July 13th	Roasted cod with tropical salsa, lemon scented jasmine rice & slaw
July 20th	Mediterranean pasta, mixed green salad
July 27th	Pan roasted flank steak, Caesar salad with homemade croutons
August 3rd	Cashew chicken with snow peas & red peppers, seasoned rice noodles, green salad
August 10th	Quiche Maryann (vegetable), corn & black bean salad, mixed greens
August 17th	Poached salmon with herb crema, Israeli couscous, marinated vegetables
August 24th	Lemon roasted chicken, potato salad, watermelon/Feta salad
August 31st	Balsamic roasted pork loin, steamed new potatoes & green beans

MARYANN'S SUMMER SALADS TO GO

Beginning Monday, July 10th

A cold pint of "summer salad" packed to travel
~ \$4.00 varies every week depending on
available ingredients ~ always delicious



Iris has retired after 20 years! We wish her all the best as she heads into her retirement venture.....it's hard to imagine the COA without her!
Iris's Café will continue under the same name with our new chef, Maryann Lucas. Maryann has been in Wellfleet for 31 years and comes to us with a wealth of experience, including Aesop's Tables, Truro COA, the Wellfleet Marketplace & the Well.

Welcome, Maryann!